



**MARCH  
2012**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## LYNN COUNCIL ON AGING SENIOR CENTER

### From the Director's Desk

#### *Tura Lura Lai...In honor of St. Patty's Day...*

*Walking into the bar, Patty said to Sean the bartender, "Pour me a stiff one, just had another fight with the little woman." "Oh yeah?" said Sean, "And how did this one end?"*

*"When it was over," Patty replied, "She came to me on her hands and knee!"*

*"Now that's a switch! What did she say?"*

*She said, "Now come out from under the bed, you little chicken!"*

Let's make every day, "Be Kind to Others Day!" We are constantly preaching you never know what someone else might be going through. I urge you to ask yourself why you do and say things, all of us. Put the brakes on. Practice stopping yourself before you speak or act- or take. Really dig deep and ask yourself if it's worth your troubles to upset someone else and focus on how you, yourself is presenting. Know your boundaries. Are you being hurtful to someone else? Believe me; we all know that elder folks have a certain level of diplomatic immunity when it comes to manners... BUT do you want to be the one with the most immunity? I appreciate the free humor--- I hope someday to find enough time to write a book and retire rested. Some complaints that cross my desk are simply peculiar. I was amazed when someone insisted upon me to make someone else talk to them. I can not force relationships; it's unreasonable. It's relatively the same as... "Make him show some manners..." If his mother had not accomplished that task early on, I'm convinced we at the center can not change him at 75! We deal. We handle all situations as they come up. We are the "So Lucky Club"- so lucky to have each and every one of you; all unique in your very own way. Happy St. Patrick's Day- may luck follow you all the day.

**~ Stacey Minchello**

### From Your Mayor

Greetings, I hope you are enjoying these longer, milder days as we venture closer to spring.

This month, as we celebrate St. Patrick's Day, the Irish Heritage Kickoff with the Ancient Order of Hibernians will be held on Tues., Feb. 28 at 6 p.m. in the foyer of City Hall. The event will showcase Irish step dancers. Seating is limited, so I encourage you to arrive early.

On March 16, North Shore Acappella will perform at the Lynn Auditorium at 7:30 p.m. Tickets range from \$42-\$69 and proceeds benefit the Lynn Shelter Association. On Saturday, March 17, the Irish Rovers come to town, with tickets starting at just \$27. Charlie Daniels Band will perform at 8 p.m. on March 22, with tickets starting at \$39. For tickets or more information, visit <http://www.lynnauditorium.com/> or call 781-581-2971.

The LynnArts winter show, "On or Of Paper," will continue through March 7. It is a wonderful collection, and certainly worth a visit to the gallery. And while you're there, I encourage you to admire the new mural that is adorning the exterior of the building. This creative public art project was funded in part by the Massachusetts Cultural Council, the Lynn Cultural Council, The Fund for the Arts, a public art program of New England Foundation the Arts, and by the United Fund and Council of Greater Lynn.

As we look ahead to April, I hope all of you celebrating Easter or Passover will see beautiful days with friends and family.

Best,  
Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

### Meet the Staff:

Stacey Minchello, Director  
 Rosa Paulino-Diaz, Assistant  
 Kristi Harris, Assistant

### Hours of Operation:

Monday thru Friday  
 8 a.m. to 4 p.m.

## LCOA Board of Directors

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## Support the FRIENDS

## RAFFLE! RAFFLE!

\$1.00 per chance or 6 for \$5.00

Buy a Shamrock Pin \$1  
 Pick one with a gold pin  
 and win a scratch ticket!

1st prize **IPad2**  
 2nd prize **\$100**  
 3rd prize **\$50**

Pins will be sold in the  
 senior center from Feb-

Sponsored by  
 the FRIENDS of LCOA

Drawing to be held July 3, 2012

## March Happenings

Thurs, March 1st	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Thurs, March 1st	Safety for Seniors	10 am
<b>TRIAD Meeting</b>	<b>Chestnut Gardens</b>	
<b>Thurs, March 1<sup>st</sup></b>	<b>“AGE WISE- AGE WELL”</b>	<b>12:00 p.m. – 1:00 p.m.</b>
	<b>Sponsored by Elder Care Smart</b>	<b>light refreshments</b>
Fri, March 2nd	<i>Strength &amp; Balance Exercise Class</i>	<i>11:30 am -12:15 pm</i>
Tues, March 6th	Mr. Specs Eye Glass Clinic	10:00 a.m. – 11:00 a.m.
<b>Tues, March 6th</b>	<b>Birthday Karaoke</b>	<b>11:30 a.m. – 1:00 p.m.</b>
Weds, March 7 <sup>th</sup>	<b>FOOD STAMPS</b>	9:00 a.m. – 3:00 p.m.
Weds, March 7th	<i>Strength &amp; Balance Exercise Class</i>	<i>11:30 am -12:15 pm</i>
Weds, March 7 <sup>th</sup>	<b>Free Computer Advice!</b>	2:00 p.m. – 4:00 p.m.
	NSCC student lab hours	
	(Bring your iPad or laptop and ask questions.)	
Thurs, March 8th	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
Thurs, March 8th	Take Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, March 9 <sup>th</sup>	Guest Speaker: Eaton Pharmacy	10:00 a.m. – 10:40 a.m.
	“Helpful Pharmacy Hints”	
Fri, March 9th	<i>Strength &amp; Balance Exercise Class</i>	<i>11:30 am -12:15 pm</i>
Tues, March 13th	<b>Blood Sugar Clinic “Lucy Booth” Open!</b>	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
Tues, March 13 <sup>th</sup>	Long Term Care Planning-Save Your Assets	9:30 a.m. – 10:30 a.m.
	Attorney Denise Kent (Game Room)	
Tues, March 13 <sup>th</sup>	Lunch Applebees	11:00 a.m. – 2:00 p.m.
	Visit the new Hallmark Paper Store	
Weds, March 14th	<i>Strength &amp; Balance Exercise Class</i> \$5	<i>11:30 a.m. – 12:15 p.m.</i>
Thurs, March 15th	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
<b>Thurs, MARCH 15<sup>th</sup></b>	<b>LIVE ENTERTAINMENT</b>	<b>10:00 a.m. – 11:00 a.m.</b>
	<b>No. Shore Songsters Irish Show</b>	
<b>Fri, March 16th</b>	<b>Boston Food Bank: <u>Brown Bag</u></b>	<b>10:00 a.m. – 12:30 p.m.</b>
Fri, March 16th	<i>Strength &amp; Balance Exercise Class</i>	<i>11:30 am -12:15 pm</i>
Fri, March 16th	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
<b>Tues, March 20<sup>th</sup></b>	<b>MOHEGAN SUN CASINO</b> \$25	<b>7:00 a.m. -6:30 pm</b>
	<b>\$10 Food or Buffet \$10 Keno Bet</b>	
Weds, March 21st	Lunch Trip: \$2	11:00 a.m. – 2:00 p.m.
	AI Chinese Buffet Lawrence	
Weds, March 21st	<i>Strength &amp; Balance Exercise Class</i> \$5	<i>11:30 a.m. – 12:15 p.m.</i>
Thurs, March 22nd	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
Fri, March 23rd	<i>Strength &amp; Balance Exercise Class</i> \$5	<i>11:30 a.m. – 12:15 p.m.</i>
<b>Mon, March 26<sup>th</sup></b>	<b>Women’s Group Meeting</b>	<b>11 am</b>
Tues, March 27th	<b>Blood Pressure Clinic “Lucy Booth”</b>	8:30 a.m. – 10:00 a.m.
	Nurse available for your questions.	
TUES, MAR 27 <sup>th</sup>	SR. MBTA PASS 9am -11am	
	applications and photo processed onsite	
Weds, March 28 <sup>th</sup>	Lunch Trip: Century House	11:00 a.m. – 1:00 p.m.
Weds, March 28th	<i>Strength &amp; Balance Exercise Class</i> \$5	<i>11:30 a.m. – 12:15 p.m.</i>
<b>Thurs, March 29<sup>th</sup></b>	<b>Advanced Planning Seminar-</b>	<b>12:00 p.m. – 1:00 p.m.</b>
	<b>Cuffe McGinn Funeral Home</b>	<b>Large Activity</b>
Fri, March 30th	<i>Strength &amp; Balance Exercise Class</i> \$5	<i>11:30 a.m. – 12:15 p.m.</i>
Fri, March 30th	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.

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# MARCH 2012

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Happy  St. Patrick's Day</p>	<p><sup>1</sup> Minestrone Soup Apple Glaze Roast Pork Oven Roasted Potato WW Roll Pudding</p>	<p><sup>2</sup> Fish/Salsa Cheese Sauce Green Beans Whipped Potato Scali Bread Chilled Peaches</p>
<p><sup>5</sup> Turkey Kielbasa/Roll Peppers &amp; onions Home Fries Chilled Peas ALTERNATIVE Omelet/Cheese Sauce</p>	<p><sup>6</sup> Pot Roast/Gravy Bk Potato/Sour Cream Peas &amp; Mushrooms Jell-o/Topping ALTERNATIVE Chicken Paprika</p>	<p><sup>7</sup> Garden Veggie Soup Honey Mustard Chicken Leg Lyonnais Potatoes Fiesta Veggies/ Fresh Fruit ALTERNATIVE Pork Patty/Gravy</p>	<p><sup>8</sup> Chili Tossed Salad Steamed Rice Mandarin Oranges ALTERNATIVE Chicken Teriyaki</p>	<p><sup>9</sup> Cheese Lasagna Roman Blend Veggies Apple Turnover ALTERNATIVE Salisbury Steak Whipped Potato</p>
<p><sup>12</sup> Meatball Sub O'Brien Potato Green &amp; Golden Beans Chilled Prunes ALTERNATIVE Veggie Quiche</p>	<p><sup>13</sup> Garlic Paprika Boneless Chicken Brown Rice Pilaf Corn/Red Pepper Chilled Pineapple ALTERNATIVE Dominican Beef Stew</p>	<p><sup>14</sup> WW Stuffed Shell/Meat Sauce Zucchini &amp; Red Pepper Chilled Pineapple ALTERNATIVE Tarragon Chicken Whipped Potato</p>	<p><sup>15</sup> ST. PATRICKS DAY SPECIAL Corn Beef Dinner Biscuit Chocolate Coin Mint Mousse</p>	<p><sup>16</sup> Corn Chowder Fiesta Fish/Dill Sauce Delmonico Potato Fresh Fruit ALTERNATIVE Sweet/Sour Chix Tenders</p>
<p><sup>19</sup> Cran Glazed Tyson Chicken Garlic Whipped Potatoes Tuscany Veggies Muffin/Jell-o ALTERNATIVE Fish Sticks/Tartar Sauce</p>	<p><sup>20</sup> Beef Burrito/Sour Cream Spanish Rice Pico de Gallo Chilled Mixed fruit ALTERNATIVE Chix Florentine Whipped Potato</p>	<p><sup>21</sup> Meatloaf w/Gravy Cheddar Whipped Potato Peas &amp; Onions Fresh Fruit ALTERNATIVE Haitian Turkey</p>	<p><sup>22</sup> Cream of Broccoli Soup Shaved Roast Beef Tossed Salad Chilled Apple Sauce ALTERNATIVE Sliced Turkey/WW Pita</p>	<p><sup>23</sup> Macaroni &amp; Cheese Spinach/ WW Roll Cake ALTERNATIVE Salisbury Steak Whipped Potato/ Spinach</p>
<p><sup>26</sup> Pineapple Orange Chicken Veggie Lo Mein Broccoli Chilled Peas ALTERNATIVE Ravioli/Meat Sauce</p>	<p><sup>27</sup> Rib- B-Q Corn Pudding Carrots Cookie ALTERNATIVE Spanish Chicken Rice &amp; Beans</p>	<p><sup>28</sup> Stuffed Pepper Seasoned Buttered Potato Green &amp; Golden Beans Chilled Peaches ALTERNATIVE Hot Chicken Patty/Roll</p>	<p><sup>29</sup> Roast Turkey w/Gravy Cran Sauce/ Sweet Potatoes Italian Blend Veggies Garlic Roll/Fresh Fruit ALTERNATIVE Meatballs/Gravy</p>	<p><sup>30</sup> Navy Bean Soup Tuna Salad Potato Salad Pudding ALTERNATIVE Egg Salad</p>



# SENIOR CENTER ACTIVITIES • MARCH 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:00-11:00 COMPUTER CLASS:	9:45-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING CLASSES	9:30-11:15 TRIVIA PUR-SUIT
INTRO	10:00-11:30 OIL PAINTING CLASS	9:30-11:00 ARTS & CRAFTS		TEAM PLAY
10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S.	10:00-11:30 KNITTING & CONVERSA-TION
11:15- 12:15 COMPUTER CLASS: WORD	12:30-2:30 CRIBBAGE	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
12:00-1:00 MEN SPORT'S CLUB	12:45-1:45 LINE DANCING (Call first!)	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING CLASSES	10:45-12:30 LUNCHEON
12:30-1:30 COMPUTER CLASS:	1:00-2:45 POKENO	1:00 – 3:00 MOVIE	1:30-3:30 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
INTERNET		1:00-3:00 'PENNY ANTE' POKER		1:15-2:45 BINGO
1:15-2:45 BINGO			2:00-3:00 HORSE RACE GAME	

Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

## Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.

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APARTMENTS**

### **Trips**

Departs from Lynn  
Senior Center

#### **Mohegan Sun**

March 20th

\$25

7 am - 6:30 pm

#### **Foxwoods**

April 17th

\$25

7 am - 6:30 pm

#### Save the Date! June 12th "Mohegan Sun & The Hit Men"

\$75 includes bus, food credit, Free bet and show!

Leaves Lynn Senior Center at 7am

Spend first stop at Mohegan

Garde Arts Theatre for

#### **"THE HIT MEN"**

Franki Valli and the 4 Seasons, Tommy James &

The Shondells, The Critters and more.

Some of the original singers on stage!

Seating is assigned in order of payment! Sign up soon. Final payments must be in by May 7<sup>th</sup>.

### **Cooking for #1**

The Lynn Council on Aging Senior Center proudly announces a free cooking program for seniors. Learn how to create affordable, healthy, tasty meals with hands on instructions with professional chef, Robin Lang. Each program is four classes. Class size is limited to six students and will take place in the large activity room at the senior center. The classes are progressive in such students are expected to attend all four classes to fully benefit from the program.

#### **Register for the next session!**

- #1 Friday, March 9 1pm-2pm  
Classroom session discussing menu planning, food prep, and budgeting
- #2 Friday, March 16 1pm – 3 pm  
Field Trip to Stop & Shop, learn to understand labels, how to choose good food at reasonable prices with coupons and flyers. Meet at senior center; bus leaves promptly at 1pm.
- #3 Friday, March 23 2:30 pm – 4 pm  
Hands on cooking demonstration at the Lynn Senior Center.
- #4 Friday, March 30 1pm-2pm  
Questions and Answers classroom review

**Please RSVP to Kristi at 781-586-8618.**



## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Mar 1	State of Play	PG-13	2009
Mar 8	Mr. Popper's Penguins	PG	2011
Mar 15	River Dance—Live from NYC	NR	1997
Mar 22	A River Runs Through It	PG	1992
Mar 29	The Horse Whisperer	PG-13	1998

Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



### Zumba Line Dancing!

Try it out! It's fun!

March 1<sup>st</sup>  
\$3 per class  
12:45 p.m. – 1:45 p.m.

Alice Odachowski  
*Certified Instructor*

### Substance Abuse Support Group

If interested, must be  
50 years and over.  
Harm reduction model.

Feb 21<sup>st</sup> thru April 10<sup>th</sup>  
Tuesdays 9am

Call Laura 781-599-0110

**You are invited to learn about a wellness study, called "VIVE" that may help improve the quality of life for older adults.**

- VIVE is a 6-month research project focused on helping older adults make changes to enhance their quality of life and remain as independent as possible.
- You may qualify if you are 65 years and older, not exercising vigorously, and have some mobility limitations.
- Financial compensation provided.
- Come learn about VIVE: Lynn Senior Center, Wednesday, March 7 at 9 AM.

**Want to learn more and see if you qualify?**  
**Please contact Karen Fullerton at 617-636-0833 or**  
**karen.fullerton@tufts.edu**

*Offered by the John Hancock Research Center on Physical Activity, Nutrition, and Obesity Prevention at Tufts University; Sponsored by Nestle Nutrition*

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Place Your Ad

## WELLNESS WATCH

### *Better Breathing—You and Your Lungs*

#### **The Work of the Lungs**

Breath is life. Our lungs are the suppliers of oxygen. Oxygen provides the energy for all the body's cells. The lungs remove gaseous wastes created by cells as the cells do their work. And lungs are defenders against viruses, bacteria, smoke and other foreign matters that we take in with each breath.

#### **Keeping your Lungs Healthy**

- Ask your doctor about getting the flu shot and the pneumonia shot. Both can protect you from illness that affects your lungs. Avoid people who have the flu or colds. Wash your hands frequently.
- Don't smoke. If you do smoke, consider quitting. And talk with your doctor about preventive and screening that can identify problems early. Early detection improves the likelihood of cure.
- Avoid contact with paint and other strong fumes. Use a mask if needed. If you react negatively to cold air, check out a cold weather mask or a scarf.
- Heat tends to dry the air. Humidity protects your entire breathing system. Consider adding humidity to your living space. Drink lots of liquids and stay well hydrated.
- If you have lung conditions or breathing problems check with your doctor about any special precautions you should take during the flu and pneumonia season. If you are living with on going breathing difficulties consider joining one of the *My Life, My Health* Workshops, offered by GLSS.\*
- Stay well rested and keep up your physical activity. Enjoy our New England Spring!

#### **Resources:**

- American Lung Association [www.lungusa.org](http://www.lungusa.org)
- Senior Health Website [www.NIHSeniorHealth.gov](http://www.NIHSeniorHealth.gov), an easy to use website. Go to Heart and Lung, COPD for information
- Commonwealth of Massachusetts Department of Public Health: Massachusetts Tobacco Control Program- Resources for Smokers and those who care about them.
- Call 1-800-Try To Stop, [www.mass.gov/dph/mtcp](http://www.mass.gov/dph/mtcp) or [www.TrytoStop.org](http://www.TrytoStop.org) an interactive website

**\*My Life, My Health** is a six week, once a week, workshop for adults of any age who are living with the challenges of one or more on-going health conditions and/or disabilities. You will learn information and skills that will help you manage challenges and add more enjoyment to your life.

For information on upcoming workshops contact:  
Susan H. Brown RN, GLSS Community Education Nurse. 781-586-8568



## DINNER AT A DINER

C	O	F	F	E	E	W	K	E	S	T	S	L	V	R	S	R	D
C	O	U	N	T	E	R	A	E	I	P	E	K	O	A	O	E	I
N	I	K	P	A	N	J	I	I	O	P	O	L	N	O	S	G	S
I	W	A	J	W	Z	R	C	O	T	O	Y	D	E	S	T	I	H
T	J	P	L	J	F	V	N	O	C	R	W	R	E	M	Q	S	W
T	S	A	F	K	A	E	R	B	M	I	E	R	R	M	O	T	A
E	P	A	N	C	A	K	E	S	C	F	T	S	F	E	F	E	S
H	S	E	L	F	F	A	W	H	D	N	O	R	S	O	H	R	H
G	H	R	C	C	H	E	E	S	E	B	U	R	G	E	R	C	E
A	T	M	E	N	U	S	I	K	L	F	E	E	T	L	A	K	R
P	O	L	U	N	C	H	C	S	L	R	T	P	E	F	I	N	K
S	O	I	C	U	I	I	J	O	I	E	A	P	H	M	O	E	V
F	B	Y	G	I	H	D	Z	U	R	S	L	U	E	E	A	O	P
N	P	U	H	C	T	E	K	P	G	H	P	S	W	E	U	B	D

**BOOTH****BREAKFAST****CHEESEBURGER****CHERRY PIE****CHICKEN****COFFEE****COMFORT FOOD****COOK****COUNTER****DESSERT****DINER****FORK****FRESH****FRIES****GRILLED****KETCHUP****KNIFE****LUNCH****MENU****NAPKIN****OMELET****PANCAKES****PLATE****REGISTER****SANDWICHES****SOUP****SPOON****STOOL****SUPPER****WAFFLES****WAITRESS**

### Retired Citizens' Program

Hands on cooking projects, Arts & Crafts,  
Music & Entertainment

With *LaRabinessa, Liora*

To be held at:

**Congregation Ahabat Sholom**  
**151 Ocean Street, Lynn**  
**RSVP to 781-593-9255**

#### Dates:

**Monday, 3/5**, 11 am - 2 pm - RSVP by 2/20

**Monday, 4/16**, 11 am - 2 pm - RSVP by 4/2

**Monday, 5/21**, 11 am - 2 pm RSVP by 5/7

Each program is \$10.00.

Open to all retired citizens of the North  
Shore (60 and over).

### Be a SWIPER!

Lunch Policy: Swipe your card. Tap lunch.  
Ask for a meal ticket. Suggested donation is \$2.  
As you know we are not allowed to police who  
pays and who doesn't as it's a donation per the  
State regulations. BUT we do however report  
the meals and there has to be documentation of  
a name with each meal; thus the swipe tallies.  
Help us keep our funding by swiping. If we  
were to order meals according to our swipes we  
would run out of food everyday. Thank you for  
your understanding.

All food must be consumed on premise. One  
item per person. Congregate food is budgeted  
per person forecasted. For example: please do  
not take extra milks; one meal per person.

### Happy Retirement Jesse Gordon!

After 19 years as our BUNKA embroidery  
teacher, Jessie has decided to retire!  
Her work can be seen throughout the center.  
We treasure Jessie and her patience, exper-  
tise, and kindness in teaching here at the cen-  
ter for so many years. Bunka will still be held  
as a self directed activity for those interested  
on Thursdays, 1:30 p.m. - 3:30 pm.

### Computer Classes

**Lynn Senior Center - Computer Room, 1<sup>st</sup> Floor**  
**8 Silsbee Street, Lynn / 781-586-8503**

All courses must be pre-paid at the time of registration.

If mailing your payment, make check payable to:

LCOA , Attn: Rosa, 8 Silsbee Street , Lynn, MA 01901

(Expect a phone call confirming your seat.)

#### Computer Class Descriptions:

#### Introductions to Computers & Windows XP (Five Week Course)

*This basic introductory course is for students with little or no experience. This five week course introduces the beginner to learn the basics in keyboard and mouse operations, basic computer operations including Input, Output, Processing, and Storage. The student will learn the basics of Window XP and its functionalities, basic Word Processing and Terminology.*

10:00 a.m. - 11:00 a.m.

Cost: \$50.00

#### Introduction to the Internet (Five Week Course)

*This introductory course is for students with little or no internet experience. This four week beginner course introduces the student to the concept of the Internet and the World Wide Web (WWW). The student will learn the basics of the Internet, Search Engines, Website access, creating an Email account, Sending and Receiving Emails, Downloading, the basics of Voice and Video Chat, Forums & User Groups, and Terminology.*

11:15 p.m. - 12:15 p.m.

Cost: \$50.00

### Computer Class Schedule:

Mondays, March 5, 12, 19, 26

April 2 (snow date: April 9)

Computer room is open to all seniors.

Must sign a compliance policy and procedure form and  
swipe membership card .

#### Computer Room Hours of Operation:

Monday - Friday

8am-4pm

**Closed:** Mondays and 3rd Fridays

1pm-4pm

### Acknowledgements

In loving memory of Bette Nelson ~Fred Nelson  
 In loving memory of Mary Evelyn Jakimczyk ~Isaura Jakimczyk  
 Thank you for your generous donation ~Sophie Karoumpalis  
 In loving memory of missed and loved tap dancers  
 Anne McCue, Carol Zeno, Carol, Jo Mulvihill (Shy Jo), Joan P ~Senior Moments  
 In appreciation for Lynn having such a lovely place as GLSS ~Marie Babineau  
 In loving memory of Harold Griffin, sadly missed. ~Barbara Griffin  
 Thank you for your generous donation. ~Ellen Coughlan

### DEDUCTIBLE DONATION

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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## Hair Salon

### HAIR BY CHASTITY

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CUT  
COLOR  
BRAIDS  
LAYERING  
WEAVES

WALK-IN OR APPOINTMENTS

### SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

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Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGLASS CLINIC

March 6th

10:00 am—11:00 am

By: Mr. Specs

### BLOOD SUGAR TESTING

March 13th

8:00 am—9:30 am \*note time change\*

Nurse available for any health questions.

### BLOOD PRESSURE

March 27th

8:30 am—10:00 am \*Note time change\*

Nurse available for any health questions.

### PODIATRIST

March 8th and April 19th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

### MASSAGE THERAPY

March 16th and March 30th

1:00 pm—3:00 pm

Call for appointment.

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

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